

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis. One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis is Recognized Early—Patent Medicines Not to Be Trusted.

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- * Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- * Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- * Don't waste money on patent medicines advertised to cure tuberculosis.
- * Become a fresh-air crank and enjoy life.
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Washington, D. C. (Special).—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now of-

fers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculous persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations made to be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages."

Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine makers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

NORMAL NOTES

MAY CALHOUN

April first was the date selected for the senior "ditch day," a custom which is prevalent in many schools. After a short senior meeting during which all plans were made for the afternoon, the seniors proceeded in single file from the main building to the dining hall for luncheon. A table had been previously arranged to seat all seniors but it being April first, the plans were hardly expected to be materialized. Luckily, the seniors found out that their work had been undone and the affair was carried out without a hitch. After singing the class song they took their regular places at the tables. Mr. Cornlius consented, in lieu of existing circumstances, as did the critic teachers, to dispense with the senior class for the rest of the day. Later, the entire school was dismissed. Mr. Costigan very kindly consented to run a special matinee for the seniors only. The consideration shown was greatly appreciated, as was the picture, "The Heart of the Wilds." The afternoon was thoroughly enjoyed by all seniors.

Mr. Moore, of the Episcopal church, is taking Miss Caldwell's place at the Normal for a period of two weeks. While we thoroughly enjoy Mr. Moore's work, we shall be glad to see Miss Caldwell back at school again.

Mr. Paul Richards has been at his home in Holbrook during the past week in order to recover from his recent illness.

Miss Behn and Miss Beckwith were the dinner guests of Mr. Irvine and Mr. Pickrel of Phoenix, Tuesday evening.

Miss Jennie Whipple was the guest of Miss Calhoun, of Campbell Hall, last Sunday afternoon.

Miss Marie Easton pent the week end at her home in Williams.

Miss Florence Smith has gone to her home in Holbrook for a week or so.

Miss Elva Howell has been spending many delightful afternoons with her mother, Mrs. Howell, of Navajo, who is visiting Mrs. Dave Lovell.

Miss Edith Hamby and Miss Frances Baxter are now residing in Campbell Hall.

The regular study hour has been changed from 7:30 p. m., to 8 p. m., since the change in time. The evenings are delightful. Baseball seems to be the center of attraction at Ames.

Miss Marion L. Nelson, Miss Cleah Whipple and Miss Calhoun were the dinner guests of Miss Jennie Whipple at the White House last Sunday.

A number of the Normal girls were so fascinated with the coming of the spring that they undertook a trip to the top of Elden. In one party were the Misses Mitchell, Gates, Buchanan, Jarnell, Hopkins and Lynn. They made a day of it, having provided themselves with a camera, and last but not least, a regular bench.

Miss Jackie Humphrey and Miss Marie Easton were the hostesses at a delightful feed in Campbell Hall last Monday evening. Those present were the Misses Patty Enright, Madeline Fairchild, Iva Lee Van Deren, Betsy Gregg, Vina Browning, Maymie Jenkins, Mabel Moorman, and Mae Stanger. Cocoa and sandwiches, potato chips, fruit salad, home made doughnuts, cake and candy were served.

Mr. Leo Anspach was the host at a theatre party last Saturday. The guests were Madeline Fairchild, Marie Easton, Cecil McCormick, Maymie Jenkins, Mae Stanger and Jackie Humphrey. Afterward they went to The Den.

Miss Mae Stanger was the dinner guest of Mr. Basse at the White House Monday evening. Miss Jackie Humphrey acted as chaperon.

The Misses Ruth Green, Iva Lee Van Deren were the dinner guests of Messrs. Schulock and Frances at the White House Sunday.

Misses Beckwith and Behn were the hostesses at a very charming tennis party last Sunday. The courts were in great demand. Among the guests were the Messrs. Norse, Aubineau, Irvine, Currier, Johnson, Pottinger and Nichols.

The Hikus club is out in full force again. The first hike took place on April first, the destined spot, Tunnel Springs. Mrs. Hanley kindly furnished a very excellent lunch. Miss Rose Walker and Miss Margaret Walsh took charge of the affair. Miss Jackie Humphrey was elected president and Miss Munroe reporter. Mrs. Rubin and her daughter were the guests of honor.

Mrs. Rubin and her daughter, Mary, are visiting Iradore Rubin on their way home from Chicago.

Miss Patty Gates and Miss Jarrell gave a fudge party last Monday. Those present were the Misses Mitchell, Hopkins and Lynn.

Mrs. Hart spent the week end with her daughter, Miss Madeline Fairchild of Campbell Hall.

Miss Jane McConkey was the guest of Jackie Humphrey and Maymie Jenkins Tuesday night.

The literary society held its regular meeting Tuesday evening at 8 o'clock. This is the first program given this year when guests were allowed.

A trio sang "Till We Meet Again." Miss Harrison gave the reading entitled "On the Road to Mandalay."

John Kennedy gave a cornet solo.

Nina Townsend gave one of her beautiful interpretative dances.

Cornelius Buckley sang "Love, Here is My Heart."

Miss Harrison gave a piano solo. "The Dance of the Seven Imps."

Miss Frances Long and Miss Thelma Fay sang duet in their usual charming and characteristic manner.

Mr. Irvine and Mr. Pottinger were the dinner guests of Harvey Pitts at the Normal last Sunday.

Mr. Pitts is now employed at the Flagstaff Mercantile company and has dropped parts of his school work for the time.

Jack Griffin is visiting Neal Phelps at the Normal. Mr. Griffin attended the Normal last year.

Tunnel Springs seems to be the center of attraction lately. Last Sunday the Misses Hopkins, Lynn, Buchanan and Jarrell spent the day there picnicing.

Accidents on American railroads during 1917 resulted in the death of 9,507 persons and in the injury of 70,970, according to interstate commerce commission reports. During the previous year 9,476 lives were lost and 66,982 persons were injured. Accidents on grade crossings of steam railroads numbered 3,673, in which 1,777 persons were killed and 44,356 injured. Trespassers on railroad prop-

erty figured heavily in the accident figures, 4,243 having been killed and 3,899 injured during the year 1917. Trainmen killed while on duty numbered 1,492, and injured 47,887. Passengers killed were 301 and injured 7,582.

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Bottled Coca Cola, the Best Drink.

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Flagstaff Garage,
Gates' Half Soles, Savage Tires.

Trading with the Home Merchants is a Union Idea. It is the one big factor in building up your Home Town just as a Union builds up the interest of labor. When you send away for goods you send away labor; when you send away labor, you are lessening the population of your Home Town, consequently cutting off trade that you would otherwise get.

You are lessening the value of your property. You are retarding the improvements which would otherwise come to make your Home Town better to live in and one that you may be justly proud of.

The Home Town is an organization for the mutual benefit and protection of all. It is the individual interest that makes it grow and prosper. A wide-awake, growing town is what we all want to live in. The more we work together the surer we are of having that kind of a town.

We may make mistakes. Who don't? But we are willing to meet patrons more than half way in correcting them and getting a better understanding of their needs. Many thousands of dollars go out of Flagstaff every year which could have been spent here at a profit to the buyer, seller, and to the ultimate benefit of the whole community.

Who keeps up the churches, the lodges and the charitable institutions? The mail order house does not.

Who are first appealed to for financial aid in every public project—THE BUSINESS MAN!

The mail order houses are not. Who are your friends, the year in and the year out? THE BUSINESS MAN! The mail order houses are not. They do not know you from a crow; they don't want to—all they want is your money, money which if spent at home, would make the old Home Town a hundred per cent better place to live in, aside from the spirit of good will which can never be computed in dollars and cents.

CAN'T WE GET TOGETHER? We would like to have a heart to heart talk with every customer, or every prospective customer; for we are convinced that we can come together on a common ground which will permit of bigger and better things for all concerned.

WE KNOW WE CAN COME TO A PROFITABLE UNDERSTANDING!